

River City Athletic Club

Swimming Lessons



July 10 - Sept 2, 2023

****Swim Team Training will begin practice on 7/18****

	Monday	Tuesday	Wednesday	Thursday	Saturday
Baby Sharks		4:30-5:00pm			11:15-11:45am
Guppies					10:30-11:00am
Squirts	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm ----- 4:45-5:15pm	9:00-9:30am ----- 10:30-11:00am ----- 11:15-11:45am
Sailfish	4:45-5:15pm	4:45-5:15pm		4:00-4:30pm ----- 4:45-5:15pm	9:00-9:30am ----- 9:45-10:15am
Barracudas	5:15-5:45pm	4:00-4:30pm	4:45-5:15pm		9:45-10:15am
Dolphins	5:45-6:30pm	4:45-5:30pm			
Team Training		5:30-6:30pm <i>(Begins 7/18)</i>		5:30-6:30pm <i>(Begins 7/18)</i>	
Fins Up Adults			5:30-6:15pm		

Kids Club Swimming

BABY SHARKS

This class provides beginning swim instruction and introduction to the water. A parent or guardian must be in the water with their child. This class is designed with a focus on fun for the first time swimmer who is afraid of the water or not yet ready to leave their parent. Students will become acclimated to the water with the comfort of a familiar face.

GUPPIES

This class is perfect for children who are comfortable in the water but are not quite ready to safely participate in a group lesson without a parent or guardian in the water with them. Parents and students will learn water safety along with how to safely encourage a child's interest in swimming.

SQUIRTS (skill level-Beginner)

This class is for students who are new to swimming. In this class students begin swimming solo with a flotation belt and practice swimming on their front and back. Safety and water survival skills are introduced. *Recommended ages- 3-6 years.*

SAILFISH (skill level-Beginner)

This class is for beginner students who are independent. Students will learn the fundamentals of freestyle and backstroke while improving their endurance. *Recommended ages- 7 and older.*

BARRACUDAS (skill level-Intermediate)

Students learn the breaststroke and butterfly stroke while they continue to work on freestyle and backstroke techniques and build endurance. *Prerequisites- Students must be able to swim 25 yards unassisted.*

DOLPHINS (skill level-Advanced)

Students work on perfecting freestyle, backstroke, breaststroke, and butterfly. They will continue to work on endurance and will learn the fundamentals of open and flip turns. *Prerequisites- students must be able to swim 25 yards in breaststroke, backstroke, and freestyle unassisted.*

SWIM TEAM TRAINING

Swimmers learn the fundamentals of competitive swimming; improved stroke efficiency, turns, finishes and underwater breakouts, reading a swim workout and following a pace clock. Swimmers will build endurance and work together as a team in a fun and positive environment. *Prerequisites- Swimmers must be familiar with all four strokes and be able to swim 25 yards unassisted.)*

FINS UP ADULTS

This class is tailored to the specific goals of individual participants, from the basics of swimming to perfecting the different strokes.

Swimming Program Fees / Session

Baby Sharks	\$95.00
Guppies	\$120.00
Squirts, Sailfish, Barracudas, Dolphins, Fins Up Adults	\$150.00
Swim Team Training	\$185.00

Important Information

- Due to our small class ratios, we are unable to offer make-ups for missed classes.
- Kids Club Refund Policy: Should cancellation occur before the start of a session, full tuition minus a \$25 processing fee will be refunded. Should cancellation occur after classes have started, no refund will be given. Please allow 2 weeks for processing.
- Swimmer Attire: Hair should be pulled back from the face or in a swim cap. Swimsuits must be worn. Infants, toddlers, or any child not potty trained must wear a swim diaper.
- Anyone not enrolled in a class will not be allowed in the pool during lessons.

Register at River City Athletic Club
8603 N University St., Peoria IL (309) 630-5700